



Kinesiology College of Ireland

Changing Lives

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Kinesiology Diploma Course 2022-24(Year 1)

All courses will take place in Friar Street, Cashel

2022

Sept 10/11 Touch for Health 1

Oct 8/9 Touch for Health 2

Nov 12/13 Touch for Health 3

Dec 10/11 Touch for Health 4

2023

Jan 7/8 Stress Release 1& 2

Jan 28/29 Practice Days

Feb 4 Stress Release 3

Feb 5 Energy Centers

Mar 4/5 Stress Release 4

April 1/2 Nutritional Theory

May 6/7 Anatomy & Physiology

May 27/28 TFH Metaphors

Jun 10/11 TFH Proficiency

Jun 17 Exams & Practicals